



Information for patients having Dental Treatment under Intranasal Sedation

What is IN sedation?

Intranasal sedation (IN) is used when someone is too frightened or unable to accept a cannula insertion whilst being fully aware and conscious. It is a safe and effective method of treating patients who are nervous or frightened about dental treatment and specifically needles or injections. It is also helpful for patients with special care needs, such as those with severe learning disabilities and movement disorders, who may otherwise be unable to cope with dental treatment.

It is given by spraying a liquid sedative into a person's nose. The body quickly absorbs the sedative and the person will start to feel more relaxed and calm so that the sedationist can insert a cannula.

Intranasal sedation is always used alongside IV sedation. Once the sedative is absorbed by the body a cannula must be inserted to allow access for the sedationist to control the level of sedation.

What does IN sedation involve?

This type of sedation involves a fine spray of a sedative drug called Midazolam into a person's nose. It can take 2-10-mins for the effects of the drug to work. It usually relaxes the person and may make them feel drowsy. Once the sedative drug has taken effect, a cannula is inserted into the back of the hand, or crease of the elbow. Within reason, more of the same sedative drug can then be given if it is felt it is needed.

How does it make you feel?

Sedation has a varied effect on each individual. Generally, most people feel relaxed, drowsy and calm. They remain conscious throughout the procedure, but the drug causes temporary amnesia (loss of memory for about an hour). Although this varies from person to person, many people remember very little about their treatment. Due to the working time of sedation, some people may need to have treatment carried out over several appointments.

What are the benefits of IN sedation?

IN sedation can help people accept treatment by relaxing them enough to allow a cannula (small plastic tube placed in the hand or arm) to be placed and then further intra-venous (IV) sedation can be provided if needed.

What are the risks of IN and IV sedation?

Sometimes IN sedation can sting inside the nose, so it is mixed with a numbing agent. This can also make some people sneeze. Occasionally some people may get a small nosebleed.

IN and IV sedation can slow down a person's breathing. We monitor this closely throughout the procedure and administer oxygen if necessary.

Occasionally there may be some bruising around the area where the cannula is inserted.

Sedation may not be successful for a small number of patients. For example, if there is a tolerance to the medications used they will not be effective. Although we plan to carefully select medications

based on a person's past medical history and avoid this, sometimes this can not be predicted and the procedure may be stopped, and the treatment plan will be reviewed.

What are the alternatives to IN sedation?

The alternatives to IN & IV sedation are local anaesthesia (LA), inhalation sedation, oral sedation, and general anaesthesia (GA).

Treatment under LA will involve an injection into the person's gum so that there will be no pain during treatment, but the person is not sedated and is fully aware of the dental experience.

Inhalation sedation involves breathing in a mixture of gases (Nitrous oxide and Oxygen) through the nose which promotes relaxation – this requires a certain level of co-operation and is light form of sedation.

Oral sedation can be given instead of IN sedation to allow placement of the cannula for IV sedation. This involves the person drinking some of the sedative drug instead of a nasal spray. Oral sedation is slightly less potent than IN sedation because the body metabolises it when it is drunk before it enters the blood stream. It can also take longer to work.

GA involves 'going to sleep' and treatment is in an operating theatre within a Hospital. It cannot be offered in a dental clinic in the UK and generally only extractions are provided, no cleaning or fillings. Individual suitability for any of these approaches varies from patient to patient, and from one treatment requirement to another.

Further information on these options is available on our website
www.dentalsedationsolutions.co.uk

Off licence medication use

This drug is an 'off licence' medicine. This means it is being used in a different way to its licence or for a different reason. Dentists and doctors are allowed to use medicines in this way when they feel it is suitable, safe and likely to be effective. It does mean that the medicine may not have been studied for use in this way in the same way as other medicines for other patient groups. IN sedation is a commonly used sedation technique in Dentistry with a good safety record.

If you have any further questions please contact via email: info@dentalsedationsolutions.co.uk